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White House Conference on Aging Solutions Forum

**NUTRITION: The Vital Connection
to Successful Aging**

Friday, May 6, 2005

9:00 a.m. to 4:00 p.m.

Martin Janis Senior Center, Columbus, Ohio

Jointly Sponsored by

**The Older Ohioans Nutrition Network
and
LifeCare Alliance**

O2N2

Older Ohioans Nutrition Network



**2005 White House Conference on Aging Solutions Forum
Columbus, Ohio
Friday, May 6, 2005**

Introduction to Issues and Solutions:

Joyce Herman; *President, Older Ohioans Nutrition Network;
Director Meals-on-Wheels, LifeCare Alliance*

Welcome

Robert Blancato; *Member, WHCoA Policy Committee*

**“Today’s Challenges – Tomorrow’s Solutions:
Nutrition for Long Term Living”**

Jean L. Lloyd, M.S., R.D.; *National Nutritionist, U.S.
Department of Health and Human Services*

Morning Break

Home-Delivered Meals: Nutrition Solutions

“Home-delivered meals provide dignity, independence and improved health status to frail home-bound elderly who are unable to prepare their own meals.”

Rebecca Liebes, RD, LD, PhD; *Director of Nutrition, Area
Office on Aging of Northwestern Ohio, Inc.*

Amy Mihalyo, *Director, Prime Time Office on Aging*

Marie Moore; *Coordinator, Meals on Wheels, Older Adult
Alternatives of Fairfield County, Inc.*

Congregate Dining Sites: “Choice is the Solution”

“Congregate Dining Sites provide social, educational and nutritional opportunities for program participants.”

Geraldine Hayes; *Congregate Director, LifeCare Alliance*

Carolyn Scott; *Nutrition Specialist, Western Reserve Area
Agency on Aging*

Robin Small; *Executive Director, Henry County Senior Center*

Lunch Break – 12:15 p.m. (time approximate)

Meals provided by LifeCare Alliance,
Columbus, Ohio



Legislative Issues Impacting Senior Nutrition:

Pat McKnight, MS, RD, LD, FADA; *Assistant Professor,
Nutrition, Mt. Carmel College of Nursing; Legislation
Chairman, Ohio Dietetic Association*

**Senior Farmers’ Market Nutrition Program: “Win-Win”
Solutions**

“The Senior Farmers’ Market Nutrition Program (SFMNP) enables low income seniors to purchase nutritious fresh fruit and vegetables from local farmers.”

Roger Szemraj; *Chief of Staff, Representative for
Congresswoman Marcy Kaptur (D-OH)*

Kathy Rhoads; *Rhoads Family Farm Market*

Betty Eschelman; *Goltz Fruit Farm*

Afternoon Break

Getting Services to Seniors and Seniors to Services

“The growing population of seniors requires increased transportation services that will enable seniors of all socio-economic conditions to participate and receive services in a congregate/community resource setting.”

John Gregory, *Help-at-Home Director, LifeCare Alliance*

Lisa Hamler-Podolski; *Executive Director, Ohio Association
of Second Harvest Foodbanks*

Melissa Gantner; *Care Coordination Manager, Aging
Services Office for Meals on Wheels, Older Adult
Alternatives of Fairfield County, Inc.*

Introduction of Closing Speaker:

Cindy Farson; *Director, Central Ohio Area Agency on Aging*

Closing Remarks

Joan Lawrence; *Director, Ohio Department of Aging*

Each section will be followed by a brief question and answer period

*Panel Introductions: Jennifer Fralic, RD, LD; Vice-President, Older
Ohioans Nutrition Network; Community Dietitian, LifeCare
Alliance.*

Bob Blancato has been President of Matz, Blancato & Associates, Inc., a firm specializing in government affairs, association and coalition management and advocacy services since 1996. Immediately prior, Blancato served as the Executive Director of the 1995 White House Conference on Aging, appointed by President Clinton. His career in aging policy involves more than 30 years in public service, including serving as Staff Director of the House Select Committee on Aging's Subcommittee on Human Services (1977 through 1988) and as its Senior Advisor until 1993.

He currently serves as President of the National Committee for the Prevention of Elder Abuse, Chairman of the National Silver Haired Congress Advisory Council, Special Advisor to the Board of Generations United, and is on the Board of Directors for the Greater Washington Urban League. He was an original member of the Board of Directors of Citymeals-on-Wheels USA, served as President of the National Meals-on-Wheels Foundation, and on the Board of the American Society on Aging (ASA) from 2000-2003. He serves as National Coordinator to the Elder Justice Coalition, a national advocacy voice supporting elder justice in America.

In 1998, Mr. Blancato founded the Boomer Agenda, the first bi-partisan political action committee for baby boomers. In 1999 he was awarded the ASA Award for outstanding contributions to the field of aging. He received his B.A. from Georgetown University and his M.P.A. from American University.

Betty Eschelman and her husband Richard have been growing fruit since 1977. After Rich graduated from the Ohio State University with a horticulture degree, they started planting trees on his dad's farm land. They began selling fruit at Goltz Fruit Farm when they retired. In 1989 Betty and Rich acquired Starlite Orchards which included a packing house and cold storages. In the next few years they added controlled atmosphere apple storage rooms and planted more high density orchards. Betty and Rich now grow a few acres of sweet cherries, sour cherries, plums, blueberries, raspberries and also have fifty acres of peaches and one hundred fifty acres of apples. They wholesale their fruit and have a retail market and a large U-Pick operation. Their orchards are located in northern Ohio at Clyde, on Route 101. They also host a couple thousand children with school tours in the fall. Betty is on the Ohio Fruit Grower Society board, president of the Ohio Apple Marketing Program, past president of Sandusky County Farm Bureau Board, and active in their church. Rich and Betty have three grown children and three grandchildren.

Cindy Farson is the Executive Director of the Central Ohio Area Agency on Aging, located in Columbus, OH. She has 25 years of experience working with Aging Programs, the last 10 of which have been with COAAA. Cindy is a past president of the National Association of Area Agencies on Aging and the Ohio Association of Area Agencies on Aging. Cindy has served on advisory committees for the United States Administration on Aging and the Joint Commission on Accreditation of Healthcare Organizations. She has a Masters Degree in Public Administration.

Jennifer Fralic, RD, LD, currently serves as the Community Nutrition Coordinator for LifeCare Alliance in Columbus. She oversees the nutrition screening and intervention for clients of LifeCare Alliance and contracted agencies, and provides individual nutrition counseling and group education sessions. Jennifer is also the co-coordinator of the Senior Farmers' Market Nutrition Program in Central Ohio. She currently serves as the vice president of the Older Ohioans Nutrition Network. Ms. Fralic completed her undergraduate degree and supervised practice at Georgia State University in Atlanta, Georgia and holds a BA in Communication Studies from Kent State University in Kent, Ohio. She is the former Manager of Nutrition at Visiting Nurse Health Systems of Atlanta and has worked with the USDA's Food and Nutrition Service. Jennifer has been practicing in the senior nutrition arena for over five years.

Melissa Gantner, LSW is Care Coordination Manager of the Aging Services Office for Meals on Wheels, Older Adult Alternatives of Fairfield County, Inc. Melissa provides comprehensive assessments and services to the over age 60 population of Fairfield County, promoting independence for seniors and providing the support to allow seniors to remain in their homes.

John Gregory, BSSW, LSW, graduated from Capital University in 1987 with a Bachelor's Degree in Social Work. John is currently working on his Master's in Social Work at The Ohio State University and is completing an internship at HelpLine. John has practiced social work for nearly twenty years with experiences in child welfare and for the past fifteen years serving as Program Director for the Help at Home Program at LifeCare Alliance. The Help at Home Program provides personal care and homemaking services to older and disabled adults residing in Franklin and Delaware counties. John hopes to teach social work courses and seminars upon completion of his Masters in Social Work degree.

Lisa Hamler-Podolski is the executive director of the Ohio Association of Second Harvest Foodbanks, a private, not-for-profit organization. The Ohio Association of Second Harvest Foodbanks is Ohio's largest charitable food assistance network and is comprised of 12 Second Harvest Foodbanks who distributed over 86 million pounds of food and grocery items last year, to over 3,000 member agencies including food pantries, soup kitchens, homeless shelters, and other charitable food assistance organizations.

Lisa also currently serves as the Legislative Liaison for the Ohio Alliance of Boys & Girls Clubs. She has worked previously as the public policy director and statewide food & nutrition program coordinator for the Ohio Hunger Task Force, and regional sales manager for Quaker State Corporation and BancOhio National Bank as an international loan supervisor.

She has researched, written, and secured over \$100 million in grants from local, state and national government sources, private foundations and religious denominations that have been used to support various social welfare initiatives and anti-hunger programs. As an organizer, she has worked to mobilize individuals and organizations around statewide campaigns and regional grassroots coalitions. As a trainer, she has worked with thousands of professionals, volunteers and community based organizations on public policy issues and advocacy, presented at numerous conferences and workshops, and authored more than a dozen publications to assist advocates.

Her Associate Degree in Accounting from the South Oklahoma Junior College supplements her thirteen plus years of experience as a professional and people's advocate. Her dedication to the people for whom she advocates finds her often testifying before state assemblies and committees, as well as working to empower them through education and advocacy training.

Geraldine Hayes is the Community Centers Program Director for LifeCare Alliance, where she has been since 1974. She oversees over 27 community nutrition sites, including satellite locations for various ethnic groups including Asian and Somali populations in Franklin and Madison Counties. Geraldine graduated from Ohio Dominican College with a Bachelor's Degree in Social Welfare/Gerontology. Geraldine has spent more than 25 years providing leadership to the aging and minority networks, including membership to the Meals on Wheels Association of America, National

Black Caucus Center on Black Aged, Ohio Gerontology Society, and Delegate and Member, National Council on Aging. Other organizations she has served include Franklin County Foster Parent Association, Catholic Social Services – Family Services Advisory Board; Gibson House – President; Board of Directors for Teen Pregnancy Home; Ohio Coalition for the Homeless; Urban League Guild; and the Neighborhood House Community Center Advisory Board. Geraldine is a former member of the Board of Directors of the Meals On Wheels Association of America. In the community, Geraldine has served as a volunteer for LifeCare Alliance Meals on Wheels and Multicultural Eastside Center of Columbus Area. Geraldine coordinated and implemented an Urban Institute Study on "Hunger Among the Elderly" for Franklin County, Ohio and presented testimony before Congress on the results of this study. Geraldine resides in Columbus, Ohio.

Joyce Herman is Director of LifeCare Alliance Meals-on-Wheels Program and President of the Older Ohioans Nutrition Network (O2N2). She has dedicated 27 years to working for LifeCare's MOW Program, which provides services in Franklin and Madison counties, and provided 1,043,257 meals in 2004. Meals are prepared in a central kitchen and deliveries are made seven days a week, 365 days a year. Home delivered meals and food pantry items are also provided to Aids/HIV positive individuals of all ages through Project Open Hand Columbus that joined the Meals-on-Wheels team in December 2004. In 2002 Joyce was instrumental in developing the Senior Farmer Market Program for LifeCare Alliance, with 35 farmers and 3,300 participants. In 2002 she was part of a team that presented a workshop at the annual conference for the NANASP on Serving Ethnic Populations in Congregate Meal Programs. Joyce received a BS in Social Work at The Ohio State University in Columbus, Ohio. She continues to love all things scarlet and grey.

Martin Janis Senior Center, Columbus Recreation and Parks,

MARTIN A JANIS a native of Toledo and active in its civic life for many years, also a former state representative, has been identified since 1963 with the development of statewide programs in human resources. He was one of the first state officials in the nation to recognize that senior citizens needed a direct voice in Ohio government, and, as a result, created the Ohio Administration on Aging in 1965. Janis, in cooperation with Governor James Rhodes, also developed such unique ideas for older persons as: Seven Geriatric Centers; Golden Age Villages; Golden Buckeye Cards; Senior Citizens Day; Senior Citizens Hall of Fame; and Governors Conference on Aging. Janis, while Director of the Ohio Commission on Aging, was appointed to the advisory council of the National Institute on Aging in 1977. The lives of all Ohioans have been enriched because of his concern and dedicated contributions. The Martin Janis Senior Center opened in 1979 as Ohio's first Multi-Purpose Senior Center.

Joan W. Lawrence is Director of the Ohio Department of Aging.

Appointed by Governor Bob Taft and assumed the position on Feb. 3, 1999, after serving eight full terms as a representative of the 80th district in the Ohio House of Representatives, where she specialized in human services, health care and programs for the elderly.

As Director of the Ohio Department of Aging, Joan Lawrence:

Advocates for 2 million Ohioans age 60 and older and leads the Ohio Department of Aging in its mission of helping senior citizens live active, healthy and independent lives and promoting positive attitudes toward aging and older people. As Director, Ms. Lawrence has led Ohio's expansion of home care options for long-term care.

Worked with Governor Bob Taft to add prescription drug discounts to the Golden Buckeye Card. The card has already saved its members more than \$21 million and is distributed free to Ohio citizens as they reach their 60th birthdays. A Medicare-approved version of the card extends a \$600 annual prescription drug credit to eligible seniors.

Expanded Ohio's PASSPORT initiative, the state's oldest and largest Medicaid waiver program, which each year allows nearly 28,000 older Ohioans to live independently with supportive in-home services. Ohio saves \$20,000 - \$ 30,000 per year per participant by allowing older Ohioans to get help at home rather than enter a nursing facility.

She is married to Wayman C. Lawrence, a partner at Porter, Wright, Morris and Arthur. They have three children and six grandchildren.

Rebecca Liebes, PhD, RD, LD, Rebecca Liebes, Ph.D., M.P.H., R.D., is the Director of Nutrition at the Area Office on Aging of Northwestern Ohio, Inc. Dr. Liebes impacts nutrition policy, practices and procedures on the local, state and national level and has secured nearly \$3 million for the development and implementation of the Senior Farmers Market Nutrition Program in Northwestern Ohio. She serves on the Executive Committee for the National Association of Nutrition for the Aged Services and Programs (NANASP) and has been recognized by the National Association of Farmers' Market Nutrition Programs as a recipient of a Community Partnership Award. In 2003, she was honored as one of "Twenty Under Forty" young leaders in the community. Dr. Liebes is a leader in the nutrition field and has been innovative in developing programming for older adults. Her "Meals with Appeal," a creative menu and activities package, has been published and sold to nutrition programs across the country. She is a tireless advocate for senior nutrition programs as well as an active volunteer in her community. Her most fulfilling roles in life, however, are as a mother, daughter, wife, and niece.

Jean L. Lloyd, M.S. R.D., is the national nutritionist with the United States Administration on Aging. The U. S. Administration on Aging, within the U. S. Department of Health and Human Services, administers the Older Americans Act, which establishes a comprehensive and coordinated system of community based supportive and nutrition services for older adults and their family caregivers. Ms. Lloyd has been in her present position since 1992 and was previously a nutrition administrator with the Ohio Department of Aging.

Ms. Lloyd earned her Master of Science degree in Human Nutrition from the Ohio State University. She is a member of the American Dietetic Association (ADA), the Virginia Dietetic Association, several practice groups with the ADA, as well as membership organizations related to the aging network, including the Meals on Wheels Association of America and the National Association of Nutrition and Aging Services Programs. She has published in the *Journal of the American Dietetic Association*, *Nutrition Reviews*, and *Journal of Nutrition and the Elderly*. She has received awards from the U.S. Department of Health and Human Services, the Meals on Wheels Association of America and the National Association of Nutrition and Aging Services Programs. She is regularly asked to interpret science and evidence based information to non-nutrition and non-science professionals and consumers for incorporation into social service interventions.

In her current position, she is responsible for nutrition related functions of the Older Americans Act, including policy; budget; legislation and regulation; program development and implementation; training and technical assistance; advocacy; evaluation and research; demonstration and training. She administers the Older Americans Act Nutrition Program, also known as the Elderly Nutrition Program, the largest community-based nutrition program for older adults funded by the federal government. She participates in Department of Health and Human Services interagency working groups such as the Dietary Reference Intake Steering Committee, the Food Safety Coalition, the Surgeon General's Working Group on Osteoporosis, etc. She has background in clinical, foodservice, administrative, and public policy components of dietetics and nutrition.

Pat McKnight, MS, RD, LD, has served the Ohio Dietetic Association for more than 17 years as Legislation Chairman. In this position she regularly meets with legislators and testifies on issues which impact nutrition, dietetics and health in the Ohio General Assembly. Pat is also an Assistant Professor of Nutrition at Mt. Carmel College of Nursing in Columbus where she works primarily with nursing students. Pat teaches nutrition concepts in eight nursing courses, three science courses and three health courses in the college curriculum. Pat also works with the dietetic internship program at Mt. Carmel College of Nursing. Pat earned both her Bachelor's of Science and Masters Degrees from The Ohio State University.

Amy Mihalyo's professional life has been in the aging network for the past 16 years. Prior to joining the Prime Time Office on Aging, she served for 12 years as the Nutrition Specialist for the Area Agency on Aging in Byesville, Ohio. In her capacity at the Area Agency she was responsible for overseeing the nutrition services to senior citizens. In 1999 Amy made a casual remark to the then director regarding her interest in this position should she retire. Fourteen months later in March 2001 Amy was given the opportunity to move Prime Time forward, as she was appointed Director.

With a strong desire to do the very best she could for the senior citizens of Jefferson County she began to institute some very exciting changes. She has opened congregate meals sites, instituted the delivery of hot "Meals on Wheels" daily and expanded the transportation program.

Her latest accomplishment was chairing the committee that successfully passed a 1-mill 5-year tax levy this past November. The 1 million dollars a year generated by this levy will be used to expand the current services provided by Prime Time as well as add additional much needed services for our area senior citizens.

Amy was the treasurer of the Older Ohioan's Nutrition Network from 2000-2004 and is Ohio's representative to the National Association of Nutrition and Aging Services Programs. At home, she is very active in her community, the wife of Mark Mihalyo, an analyst with Coventry Healthcare and the mother of a very busy 2-year-old daughter.

Marie Moore is Outreach Coordinator for Meals on Wheels, Older Adult Alternatives of Fairfield County, Inc. Marie, who has been employed at MOW-OAAFC for ten years, educates the public on the services available through MOW-OAAFC. Marie also acts as the OSHIP volunteer under the Department of Insurance and is the

Medicare Coordinator for Fairfield County, helping seniors with Medicare questions and recruiting volunteers to do presentations on Medicare fraud.

Kathy Rhoads, co-owner of Rhoads Farm Market located in Circleville, Ohio, has participated in the direct retailing of farm grown produce to the consumer for over 30 years. In this period of time, she has actively participated in the leadership and development of farmers' markets and other support organizations. Currently, Kathy serves on the "Governor's Small Business Advisory Council" and contributes on a National level as Treasurer to American Agri Women. Community, service and family drive her passion to volunteer in serving many causes. She has many ambitions for Federal Nutrition Programs and is willing to give of her time to help them succeed.

Carolyn Scott has been Nutrition Specialist for the Western Reserve Area Agency on Aging in Cleveland, Ohio, since 2000. Carolyn is responsible for monitoring Title III Congregate and Home-delivered Elderly Nutrition Programs at 57 nutrition sites in four counties and plans training events for providers to meet ODA and Health Department guidelines. Carolyn earned a Bachelor's of Science of Home Economics from the University of Missouri, a Masters of Arts in Family Ecology at the University of Akron, and Certified Aging Services Administrator by the Ohio Association of Senior Centers

Robin Small is the Executive Director of the Henry County Senior Center, a rural agricultural county with a population of 29,000. Robin and her family live in the city of Napoleon, the county seat. Robin has an education degree from Bowling Green State University. She has taught in public and private schools in Ohio, New Jersey and Arizona. Before taking her current position, she worked with senior citizens in Sun City, Arizona. Robin enjoys working with active retirees. She admires their willingness to volunteer, and their commitment to the success of the senior center and its mission.

Roger Szemraj has been Chief of Staff for Ohio Congresswoman Marcy Kaptur since 1999. Prior to that, he served as Chief of Staff for both Congressman Bob Traxler and Congressman Jim Barcia, both from Michigan. All service has been focused on agriculture appropriations. Roger, who was born in Buffalo, New York, earned first his Bachelor of Science in Foreign Science then his Juris Doctor, both from Georgetown University. Roger currently lives in Washington, DC with his wife and three daughters.